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COUNTRY DECORATING IDEAS® PRESENTS #169

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editor's letter

SET FOR SUMMER The very phrase evokes an easy, gentle mood with nothing pressing. It's the time of year when we can make the most of the outdoors, relaxing on the porch or in the garden and taking in the longer and warmer days.

It's the perfect season to celebrate with alfresco occasions—from elegant afternoon teas to magical evening parties. And to spruce up your nest, inside and out.

Need a little inspiration? Turn to Looks we Love to see how to include pretty botanicals in your décor, infuse furnishings with airiness using slipcovers, and add charm and style to your patio.

Whether in a tiny cottage in New England or a home on the West Coast (and three more in between) our Home Tours reflect the fresh and vibrant colors and carefree mood of the season as well.

We also bring you a host of DIY projects for home and garden—including two very pretty and easy floral wreaths that are perfect to make for a party or just to welcome the glorious, sunny days.

Summer is served!

—Fifi

on the cover

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INSTANT ROMANCE

Enjoy the bounty of summer from the comforts of the porch. Plus, craft your own dreamy napping net.

designed and photographed by
Carolyn Aiken, warrengrovegarden.blogspot.ca

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SUMMER 2015

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Try this garden-to-table display that works with store-bought blooms, too!

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SUMMERY BOTANICALS

As you wait for the garden to burst into its annual show of color and fragrance, set up rooms to bloom year-round. Expressed in fabrics, furniture, and artwork, floral motifs are as fresh as they are enduring.

1. Love is a Rose

Bouquets of blowsy cabbage roses printed on fabrics are a quintessential cottage motif. Pair printed pillows with faded ticking stripes and pastel plaids on accompanying pillows and sheets for a bed that's crisp and comforting.

Photo: Mark Lohman; Styling: Fifi O'Neill

2. Like Attracts Like

Just as you would pack a garden with blooms and greens of different shapes and sizes to maximize interest, craft a successful display using the same approach. This small, medium, and large grouping also deploys a decorator's secret: Arrange using odd numbers.

Photo: Mark Lohman; Styling: Sunday Hendrickson

3. Command Attention

Want to dress up a room in five minutes? A tall, lush assortment of fresh cuts easily steps into the starring role and immediately brings any space to life.

Photo: Mark Lohman; Styling: Fifi O'Neill

4. Dreamer's Corner

At the turn of the last century, embellishing furniture with hand-painted florals was an artful touch used to finish fine pieces. Recreate the effect today and put pieces to work to enliven nooks and crannies.

Photo: Mark Lohman
Styling: Fifi O'Neill

5. Mop-headed Beauties

You don't need to be a florist to make a gorgeous centerpiece—just look for lush blooms. Cluster just a handful of peonies, hydrangeas, lilacs, and other large-headed flowers for an instantly impactful bouquet.

Photo: Lu Tapp
Styling: Sunday Hendrickson

6. Throw a Curve

Choose accessories that play with nature's palette to put your own spin on garden style. Floral go-withs like birds and butterflies only enhance the effect.

Photo: Richard Leo Johnson
Styling: Sunday Hendrickson

COZY PORCHES & PATIOS

We love to wax poetic about lazy summer afternoons spent lounging in the breeze, but don't get caught short when the weather turns fair. Outfit your out-of-doors now, so that when the time comes, you're ready to throw up your feet and relax.

1. Take the Living Outside

Now that key ingredients of an interior living space exist in weather-resistant form, put them to work as you would inside. Set up a living area, define the zone with a rug, keep a table nearby for casual meals, and have extra seating on hand for impromptu gatherings.

Photo: Mark Lohman; Styling: Fifi O'Neill

2. Warm Up Your Wicker

Who says wicker need be white? Depending on whether yours is rattan or resin, vacuum or hose down to clean, and then spray on a new finish for a lively makeover.

Photo: Mark Lohman; Styling: Fifi O'Neill

3. Make a Daybed of It

Found a daybed frame in less-than-perfect condition? Have a foam pad cut to fit, cover it with outdoor fabric and toss cushions, and you have a daydreamy lounger. In bad weather, stash the cushions but leave the frame and let nature take its course.

Photo: Mark Lohman; Styling: Fifi O'Neill

4. All Tucked In

Adding a pergola to a deck or patio is an easy, all-weather way to filter the hottest light of day and create a cozy nook by night. Once it's in place, plant it with a climber that can survive your zone's coldest weather to enjoy a perennial green canopy.

Photo: Mark Lohman; Styling: Sunday Hendrickson

5. Tropical Vacation

Capture the feel of a tropical destination by employing those hues that stand up to sun-drenched surroundings: zesty lemon, ripe orange and sea blue, among others.

Photo: Mark Lohman; Styling: Fifi O'Neill

6. In the Swing of Things

Perenially inviting, a swing encourages young and old to linger on the porch. If you don't have the structural ability to add one, there are models available with their own stand, so you can still rock on.

Photo: John Ellis; Styling: Sunday Hendrickson

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UPDATED SLIPCOVERS

You may remember a time when your aunt's sofa was wrapped in plastic, but thankfully, this kind of protective measure is a thing of the past. These days, to put a fast, fresh, functional face on furnishings, just give 'em the slip.

1. All Tied Up

Extend the life of upholstered dining chairs by protecting them with washable covers. We love how this treatment—linen slipcovers are included with the purchase of these Rachel Ashwell Shabby Chic Couture Darcy Chairs—takes care of seats and armrests.

Photo: Mark Lohman; Styling: Fifi O'Neill

2. Beautiful Bench-Warmer

You can keep your shoes on when you put your feet up on this pet-friendly ottoman. The fitted top makes it snug and tidy, while the fullness of a gathered skirt makes it easy to access hidden storage below.

Photo: Mark Lohman; Styling: Fifi O'Neill

3. Tidy Table Topper

Shifty tablecloths are history when a stretchy gusset hugs the table. Finished with a short ruffle on the edge, this one is both understated and graceful.

Photo: Mark Lohman; Styling: Fifi O'Neill

4. Dressing for Dinner

Plain-Jane upholstered chairs are an asset in small spaces as they transition from living to dining duties, but these skirted slips give them a sense of occasion.

Photo: Mark Lohman
Styling: Sunday Hendrickson

5. Suitably Seasonal

Extend the life of your sofa by keeping a couple of covers on hand. Blue toss pillows are crisp with summer white and pair nicely with an off-season taupe cover.

Photo: Mark Lohman; Styling: Fifi O'Neill

6. Wash, Wear, Repeat

To keep furniture in high-traffic areas looking shipshape, opt for covers that slip over frames and individual cushions instead of those that drape over whole pieces.

Photo: Lu Tapp; Styling: Sunday Hendrickson

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A VINTAGE "I DO"

Weddings and nostalgia go hand in hand. That's why Southern California couples may begin their sentimental journey to the altar at this emporium, where their special day becomes more memorable with festively staged pieces of the past.

PHOTOS & STYLING BY **SUNDAY HENDRICKSON** WRITTEN BY **JAN SOULTS WALKER**

Carte Blanche Brides and grooms are free to use the props however they like. Owner and stylist Sylvia Asmussen assembles displays such as this to help inspire their own ideas. A cart like this one makes a fabulous dessert bar—a recent trend replacing the traditional wedding cake.

BURSTING WITH thousands of charming vintage props as varied as rustic barn doors, chippy architectural columns, ornate silk-upholstered settees, and sparkling chandeliers, the Temecula, California, storefront Madam Palooza specializes in making engagements and weddings as beautiful as they are fun and unforgettable. Throughout this warehouse-size emporium, displays arranged by owner and stylist Sylvia Asmussen offer creative compositions of old treasures, sparking photo opportunities- and ideas for personalizing everything from "save the date" announcements to tying the knot.

A LOVE AFFAIR BEGINS

Like most grown-up passions, Sylvia's enthusiasm for gathering and glorifying bygone goodies began in childhood as she visited flea markets and secondhand shops with her grandmother. She ultimately realized that just as these things enliven interiors, they're also fodder for formulating fairytale events. "Brides and grooms want their day to be creative," Sylvia says, "and vintage pieces have so much character and history—they're perfect for writing the first chapter of someone else's new beginning. Just as each of these pieces tells a story, we can use them to communicate what's unique about the couple."

PROPS TO YOU Case in point: A current trend replaces the traditional wedding cake with a vintage-style dessert station. One bride honored her grandfather, who had owned a donut shop, by creating a rustic donut bar, complete with corrugated tin roof, antique scales, and classic serving pieces. Like a Hollywood set manager, Sylvia delivers the props and sets the stage to make the day complete. "It is such a joy for me to see the look on their faces and to be part of the first day of their lives together," she says. "That's the beauty of it all."

Lady in Waiting Call ahead to make an appointment with owner and professional stylist Sylvia Asmussen, *below.* Here, she's seated in one of the numerous photo sets staged inside the Madam Palooza emporium.

Romantic Spin A vintage bicycle offers a unique way to tell the world you're engaged, *above*. Couples can have their photos taken on site or have props delivered.

Honorable Mentions French chairs and an ornate high-back settee are just two ideas for creating memorable seating for the honored couple at the wedding party table, *below*.

www.FrenchCharmed.com
Romantic
Garden
Inspired

Uniquely Chic

At Posh, owners Susie and Mark Holt mix custom lines with one-of-a-kind finds to create a movie-like set that just feels like coming home.

PHOTOS BY MARK LOHMAN STYLING BY FIFI O'NEILL

POSH
327 WEST VENICE AVENUE
VENICE, FL 34285
941-786-1008
facebook.com/Posh On Palm

1. COASTAL REFLECTIONS

A wall of salvaged barnwood sets a welcoming tone in this part of the relocated store. Fronting it, a mirror and urns are dressed with shellwork, echoing the coastal environs.

2. ARTISTIC UPCYCLING

Susie hung a vintage window to act as a divider in the store, but it happens to perfectly frame this old iron bed (no wonder Posh also has a thriving decorating service)! A chandelier refashioned with new elements finishes the scene.

✷ 3. THE LAYERED LOOK

Draped over this footboard, an oatmeal-colored linen coverlet edged with a frayed trio of ruffles is a sample of Posh's own bedding line. Also available in cotton versions, they come in a veritable rainbow of solid pastels. "I love washed colors," Susie says.

✷ 4. PERFECTLY IMPERFECT

"We're always searching high and low for original pieces," notes Susie, who found the chipped-paint table, storage crate, and barnwood that surrounds a glorious, oversized mirror. Posh sells scores from fleas as close as New Orleans and as far away as Paris.

✷ 5. HAVE A HEART

A new though antique-looking bracelet cozies up to a French-inspired heart stand, which opens like a locket so you can hide a little love note inside.

prints charming

Pick a pattern to rev up rooms and add on-the-spot interest to outdoor spaces.

1

2

3

4

5

6

7

1. Featuring a playful kaleidoscope of colors, the Bettina 9-foot Umbrella Canopy assures a sunny outlook while it helps you keep your cool on the deck or patio. *worldmarket.com.* **2.** Colorful chips sprinkled on blown glass are what give the Confetti vase its artful arrangement of hues. The urn shape makes short work of flower displays, but we also like the idea of floating a candle in it. *crateandbarrel.com* **3.** Take a mental vacation to the French countryside when you set a table with the Provence Tablecloth, which comes in a variety of colors, sizes, and shapes. *williams-sonoma.com* **4.** With their rainbow of hues, the Fauna Duvet Cover and Sham tone in with other colors in the room or add welcome interest to a neutral scheme. *potterybarn.com* **5.** A meadow in bloom covers the overstuffed, tufted Chas Armchair covered in Blue Meadow. A matching ottoman is available, or choose another fabric to cover the Chas collection. *pier1.com* **6.** Watercolor birds gently filter light in these Birdwatcher Sheer Curtains. *pier1.com* **7.** Made of glazed earthenware and sold in a set of 4, the Botanical Citrus Salad Plates pay homage to citrus trees that flourished at Versailles. *williams-sonoma.com*

8. Covered in themes from botanical to Moroccan, these 22"-square Outdoor Pillows are available from the catalog or online at *potterybarn.com*. **9.** For a soft, lived-in look that only gets better with age, opt for the Organic Scroll Medallion Duvet Cover + Shams, shown here in Rose Bisque. *westelm.com*. **10.** A delicate play on damask, the Watercolor Ogee Shower Curtain adds a soft, graceful touch to the bathroom. This pattern also graces a bedding ensemble and lavender-scented drawer liners. *worldmarket.com*

Pastel Dreams
A bedside table in the master bedroom displays homeowner Michelle McCauley's talent for arranging treasures in her signature aqua accent color.

Warm Reception

Her decorating style was born years ago of necessity, but this homeowner still delights in revitalizing interiors with repurposed finds.

Photos by **MARK LOHMAN** Styling by **FIFI O'NEILL** Written by **JAN SOULTS WALKER**

Lovely Illusion

On one long wall, a huge mirror salvaged from an old bar visually expands the small family room. Scott McCauley gave the reflective expanse a finished look by adding a frame made from white-painted molding.

Upcycled Elegance

WHILE STILL newleyweds, Michelle and Scott McCauley took the plunge many years ago and bought a beautiful new home on a Northern California lagoon. It was a bit of a financial stretch for the young couple back then, but they happily made do to make the mortgage—especially when it came to decorating their new place.

Scott, a building contractor, often landed jobs redoing grand San Francisco Victorians. At the time, many of his clients weren't interested in keeping or reselling the architectural elements torn from the old homes, and they simply gave him the goods. To those folks, it was trash. But for Michelle and Scott? Definitely treasure.

Salvaged 100-year-old (and older) fireplace mantels, thick crown moldings, the shapely pieces and parts of stair railings, handsome built-in cabinetry and more found its way into the couple's new home—and eventually

MY STYLE

Old house elements
"I know it sounds cliché, but I love to surround myself with the stories that salvaged pieces seem to tell us. It feels so good to give them new purpose."

White, done right
"I love white because it feels so calming and soothing to me. Plus natural wood looks so good with white, and I can easily switch accent colors if I someday feel the urge."

A touch of the sea
"I bring in all these aqua pieces because they make a visual connection with our location on a lagoon that ultimately connects to the ocean."

Mood Makers

A vintage French florist's vase, *top*, composed of two galvanized metal cones, combines with a clamshell filled with blue sea glass—a treasure that Michelle and daughter Lauren scour the beaches to find.

See-Worthy

Every surface is fair game for showcasing beautiful things. On the family room coffee table, *above*, a bell-jar base becomes a study in blue and white. In this case, a string of African blue glass beads casually drapes over intricate pieces of white coral.

First Impressions

Hand-scraped teak flooring begins in the entryway and continues throughout the house, balancing the abundance of white with natural warmth and withstanding tracked-in sand and water. A 1920s chandelier was a gift from a neighbor who rescued it from an old house.

Table Talk

Although Michelle and Scott repurpose many of their architectural finds into furnishings, they found this entryway table, *left*, already made from a salvaged shutter. A glass top keeps the painted patina and louvers on view while providing a practical and pretty surface for display.

Past Reflections

Every open shelf is an opportunity to give rescued items new purpose. To create an attractive backdrop on this entryway shelf, *below*, Scott hinged together a pair of vanity wing mirrors that are perfect for highlighting special treasures, such as this zinc milk bottle, which is still dressed in worn white paint.

Light Moments

A kitchen bumpout offers sunlight and structure for salvaged corbels, *opposite*. The blue bakery sign came from—you guessed it—an old bakery. Michelle added the glass shelf and candles to the metal bracket suspended above the breakfast table.

wheedled its way into their hearts.

"I couldn't stand the thought of anyone throwing away these gorgeous things, like crystal doorknobs," Michelle says. "I wanted the history of them to live on as things that I or other people could use every day."

WORN TO PERFECTION

OVER THE FIRST THREE DECADES, Michelle has come to prize the patinas of well-worn paint and the graceful lines of vintage designs. Her decorating style welcomes a mix of rough and fine, worn and pristine—from the exposed rough wooden sides of a formerly built-in cabinet to the well-rusted orange of a metal butcher's rack.

It was décor born of necessity but is now a full-fledged love affair. So much so that Michelle eventually purchased the dealer collective where she sells overflow finds, Summer Cottage Antiques (summercottageantiques.com) in

BAKERY

Mugs, To Go

A French wine bottle drying rack, *left*, becomes a one-of-a-kind kitchen focal point, as well as a unique social center: Guests love to gather here to select a mug and grab a cup of java.

Simply Indestructible

The beauty of white ironstone, *below*, draws Michelle's eye, but she's come to value the pieces just as much for their durability. "Ironstone is so sturdy," she says. "I use stacks of ironstone plates and bowls when I entertain, and I've never chipped a single one."

Joyful Journey

Michelle finds joy in giving castoffs a second chance, repurposing pieces throughout the house, including in the kitchen, *opposite*. Adding a linen liner to the old wire market cart, for example, makes it perfect for hauling her latest finds home from treasure-hunting excursions.

Keep on Truckin'

This little blue truck makes a playful addition to the kitchen cabinet, but Michelle notes that it seems to travel around the house as a whimsical display piece, *above*.

Trust in Rust

Anything rust-encrusted is Michelle's newest love interest. Little wonder, when gems like this rust-mottled metal rack, *right*, salvaged from a French butchery, are still out there to be found.

Chalking up Charm

Even this massive schoolhouse chalkboard found purpose in the McCauley house, *below*. The couple unscrewed the framed section from its iron base and hung the board as an unconventional but useful writing surface and artwork for the dining room.

Petaluma, California.

But the things she treasures aren't just for show. Michelle makes it her mission to repurpose old things so they're useful again. When she needed a sturdy, long coffee table so daughter Lauren (now 16) and son Max (now 22) could color and craft, she decided to make her own. Scott topped an 1800s gate with glass and added a crown molding frame and chunky curved baluster legs. Likewise, a rusty French butcher's rack became storage for ironstone pieces. A huge rusty white wine bottle drying rack now holds a vast assortment of coffee cups in the kitchen, and a schoolhouse chalkboard announces menus.

HOW TO

create frosted polka-dot glasses

1. Mask off the part of the glass exterior that you would like to frost with some painter's or masking tape. Wearing gloves, apply etching medium (like Armour Etch) to glass following manufacturer's instructions. Repeat process if needed to achieve desired finish.

2. Using a stick-on template (like a sheet of various-sized circle stickers—with circles removed—from an office supply store) and, starting with large circles first, use a small brush to apply a thin coat of lacquer-based glass paint to surface. Allow to dry before filling in additional circles so you don't smudge the paint.

3. Remove all tape and wash glass throroughly.

Good to Glow

Vintage chandeliers lend romance throughout the house, including in the formal dining room. Scott put all the fixtures on dimmers, so diners can enjoy the moody glow of lower electric light, augmented by candles.

Chasing the Blues

A bedroom became this cozy den, *right*, so the McCauleys would have more than one room for gathering. A white Ikea sofa and a vintage corner cabinet accented with worn aqua finds continue the established color palette.

Aqua Arising

Although Michelle can't recall for certain when her love affair with aqua began, this beautiful blue fireplace mantel, *below*, found on a Georgia buying trip, certainly helped. Aqua, she says, "lends itself so well to our location on the water."

Sweet Salvage

The master bedroom benefits from the beauty of architectural salvage and vintage aqua-blue finds, *opposite*. Mirrors rescued from an old bar magnify the room's actual dimensions, providing a bright backdrop for an antique arched window frame and painted pieces. White curtain panels and bedding make the bed a cozy retreat.

White showcases the simple beauty of these vintage treasures, while creating an air of serenity. For Michelle, white also offers her a blank canvas for adding accent color. In recent years, aqua has won her heart.

"I don't know if it started with the Tunisian gate or an old fireplace mantel," she recalls. "But I love how aqua connects the interiors with the beauty of the lagoon.

"I'm so happy that Scott started saving all these things before it was cool to rescue pieces of the past," Michelle continues. "They really all seem to speak for themselves. They're the stars, and we just get to bask in the glow."

Easy Living

A fireplace warms an outdoor living area with a panoramic lagoon view, *left*. Even this mantel garners attention: A vintage frame atop showcases coral fans pinned to a fabric-covered board.

Gifts From The Sea

Michelle can't resist a few finds from the sea and sometimes gathers seashells with her 16-year-old daughter, Lauren. A rusty wire basket serves as an apt receptacle for display in this outdoor living area, *below*.

A TOUCH OF TURQUOISE

Give rooms a splash of color

If you have a home by the water, it's natural to want it to reflect a nautical vibe. For an updated look, give the traditional blue and white the heave-ho and instead try sandy taupe shades, punctuated by splashes of turquoise.

Don't be afraid to go bold

Unlike many hues, turquoise features both cool and warm undertones, which means it will work well with practically any other shade. Use sparingly, though, to get the greatest bang for your buck.

Share the love

A popular hue in home décor throughout history, turquoise is enjoying a resurgence. Check out the options at sites such as everythingturquoise.com.

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WITH A

French Accent

A cottage garden, abloom in roses, spills over inside this home, where touches of pink and red yield a breath of spring year-round.

Photos by **RICK SZCZECHOWSKI** Styling by **SUNDAY HENDRICKSON**
Written by **JAN SOULTS WALKER**

THE SIGNATURE FRENCH song "La Vie en Rose" ("Life Through Rose-Colored Glasses") could be the perfect theme song for Patrice Greenhouse. Her 1930s Montecito, California, cottage blooms with roses in pinks and reds, outside and inside, and romantic French-country style abounds. She's been faithful to her love of roses and all-things-French for many years, redoing six homes to reflect her style.

"This is what I do," she says, taking inventory. "I like to find special cottages and renovate them. I always start with the garden. This one has 2 acres, eight 200-year-old sequoias, an original Dutch door, and wide-plank pine floors."

Refurbishing the garden began with pulling out overgrown plantings and adding a white picket fence, an arbor, and pebbled pathways as starting points. Next came an abundance of blooming flowers for romance and European country flair, including lavender, rosemary, and sage, and especially the beauty and fragrance of old rose breeds.

A Rose is a Rose

The natural beauty of these roses, *top left*, paints the palette that homeowner Patrice Greenhouse embraces: luxuriously plump cream-color buds tipped in pinkish red. The vintage bowl of peaches and cut-crystal piece foretell the cottage's simple elegance.

Sweet Somethings

A late 18th-century chinoiserie-style bamboo desk, *above*, cradles a composition of the things Patrice loves, including a vintage concrete angel and a pink-and-white French crock labeled *Sucre*, which translates as sugar.

MY STYLE

Beautiful bouquets

"Roses aren't just for the garden. I bring the beauty and colors of old antique roses inside my home so I can always enjoy them."

Outdoors in

"Most any accent you find in the garden is fair game for my decorative style. Throughout the home, you'll find metal urns and weathered statuary as well as myriad architectural elements."

A French connection

"I am drawn to chippy painted pieces because you know they speak of the past, and if something also has a French origin, all the better."

French Graces

Toile de Jouy makes a vintage Euro-style statement layered throughout the cottage, including as living room curtains and upholstery for the French side chair. Patrice uses pieces from outside, such as the substantial metal urn and the primitive pink-painted bench, for starry-eyed garden style inside.

Dining in Style

Above the entrance to the breakfast area, a generous length of latticework salvaged from an old house became a useful shelf with garden flair. A crystal chandelier hangs low over the petite table.

Bed of Roses

A full-size iron bed in the master bedroom is a curvaceous find from the Santa Monica antique show, *right*. Rose paintings by 1920s French artist Paul de Longpré repeat beautiful pinks and creams found on the comforter.

Figuratively Speaking

Figural pieces continue French garden charm in the bathroom, *below*. Here, a Staffordshire figurine, a boy and a girl with a goat, was transformed into a lamp. The cherub is another outdoor piece that found a spot on the countertop.

HOW TO

make a lamp from a statue

1. Purchase a lamp adapter kit according to your statue's opening. Some plug-and-socket combos sit on a wide cork that can "plug" a hole made at the top; otherwise, look for a regular kit with a central rod and buy a vase cap separately.

2. Place two layers of masking tape over the area where you will drill to make room for cork or rod. Using a ceramic bit, very gently drill through tape, stopping to wet the drill area every 20 seconds, until you have a hole. Let drill's weight do the work.

3. Assemble lamp kit following manufacturer's instructions and top the ensemble with a lampshade.

PRETTY IN PINK

"I GRAVITATE TO rosy reds, very pastel pinks, and creamy whites in the garden and inside the house," Patrice says. "Roses are my passion—they are just gorgeous, especially David Austin roses because they are hardy and bred from lines of charming antique roses. I also love anything French."

Her devotion continues inside the house, where French toile and pretty floral fabrics synchronize with vintage rose paintings, majolica, statuary, and furnishings still dressed in worn painted finishes, or dolled up with slipcovers and sink-in-soft cushions—all of which elicit "oohs and aahs."

"I'm also drawn to anything old and chippy—especially with a French-country feel," she says. "But

Welcoming Committee

Whimsical statues of a goose and ducks flock to greet visitors along the garden path, while a pair of Adirondack chairs offers a serene spot to rest amidst the blooms, *below*.

the things I buy have something else, too—there has to be some kind of soul or history to it. I always leave it as I find it with its original finish."

She faithfully scours favorite haunts on Sundays—especially the Long Beach Flea Market and the Rose Bowl, toting home her treasures and rearranging rooms to find the perfect spot. The home is ever evolving, although changes are not a mark of dissatisfaction but rather a joyous pursuit to fill her home and heart with the things she loves.

"In life, I just believe you do have to enjoy the birds and smell the roses," Patrice says with peaceful assurance. "I step into this cottage and it just feels sacred and safe to me—a little piece of heaven that I call home."

EDITOR'S NOTE: Patrice is available for small cottage and garden design consultations. Contact her at *patricegreenhouse@yahoo.com*.

Good Luck Charms

A rustic driftwood heart hangs from the white pickets outdoors to signify "love and peace in the garden," Patrice says. Likewise, rosemary planted near the gate is said to welcome peace and protection, *left*.

Alfresco, French Style

A white picket fence and vine-covered arbor make a placid backdrop for dining. The weathered teakwood chairs pair with a toile-covered table for French-country style and color.

Nordic

Pale hues, glowing whites, and unfussy furnishings make this cottage a peaceful escape from the outside world.

Still Life Everything about the living room promotes an air of tranquility—soft blue-gray on walls and furnishings, fabrics, and accents in soul-soothing creams and white. In true Scandinavian style, homeowner Susan Frick forgoes rugs, allowing natural wood flooring to visually warm the room.

Simplicity

Photos by **MARK LOHMAN** Styling by **FIFI O'NEILL** Written by **JAN SOULTS WALKER**

Painted Pleasures Peeling paint on this small cabinet, *right*, remains untouched, to be admired as is. To safely seal in any lead paint, Susan scraped off loose bits and coated the surface with clear polyurethane.

MY STYLE

Simplicity
"You can appreciate the unique lines of furnishings more when you don't overfill a room with things."

Inner Glow
"When you invite all these pale hues into a room, it creates a serene, ethereal air that is so easy to live with."

Into the Woods
Natural wood flooring and wood furnishings are hallmarks of Scandinavian style. "We don't use rugs...the natural wood just adds warmth to all the light colors. For wood furnishings, I'm drawn to vintage pieces in worn whites and soft colors—they just speak to me."

AS THE CROW FLIES, 3,400 miles of open blue ocean stretches between Massachusetts and Scandinavia. But it never seems so distant when Susan Frick steps through the door of the Beverly, Massachusetts, 1939 Cape Cod she and husband Brian share with children Charlie, 9, and Audrey, 7. That's because Susan delights in an uncomplicated, romantic decorating style she calls Vintage Nordic French—a creative endeavor that she blogs about at evelynandrose.blogspot.com. She credits her blog's namesakes, Evelyn and Rose, to her grandmother and great-grandmother, respectively, who nurtured her creative eye, love of sewing and all things handmade, as well as her attraction to simple designs from bygone days.

"I've always had an affinity for light blues and pale pinks because they brighten up a space," Susan says. "And our house is only 1,300 square feet, so the simplicity and lightness of Scandinavian design

Details Matter Susan's creative muster comes to light with this little basket, *left*, which she dry-brushed for soft color, then stenciled with numbers representing her children's birthdays. Inside, blue ribbon bundles vintage sheet music, embellished with an antique key.

Rest Easy A charming French daybed, a Brimfield Flea Market find, provides a comfy, stylish seating alternative to the traditional sofa, *opposite*. "I love the swirly scrolls on the back and the unique lines," says Susan, adding that the daybed folds out to accommodate overnight guests.

"When you leave something
in the same place too long, you stop seeing it.
So I rearrange my things and admire them all over again."

Kitchen Casual Black and white floor tiles provide retro charm in the kitchen, where a primitive farmhouse table pairs with ice cream chairs found curbside. A rustic ladder leans against the wall as a fitting display for vintage linens.

influences keep our home feeling peaceful and uncluttered."

In the living room, walls in light blue seem to recede, and sunlight pours through minimally dressed windows. "I like to sew," Susan says, "and a magazine inspired me to make these very simple swag shades. I love how bright and airy they make the room feel."

CHANGING INTERESTS

JUST AS SUSAN masterfully minds the light, she gives thoughtful attention to display. "Anything handmade and vintage draws my eye," she says. "I love to scour flea markets and find things with simple lines, worn finishes, and soft colors or white." Susan arranges and rear-

HOW TO

make stamped slipcovers

1. Lay down a chair so that you can trace the outline of its top back onto fabric (Susan used painters' drop cloths). Because the back's not flat, the tracing should naturally add the half inch or more needed for seams.
2. Cut two matching pieces from the cloth, hem bottoms, and then place right sides together. Sew or use strong, washable fabric glue to bond, leaving an opening at bottom. Invert.
3. Using 2-inch office stencils and fabric paint, fill in letters to mimic postal sacks from abroad.

Dining Delights As the space that receives the most sunlight, the dining room can handle the visual weight of this dark mahogany table. White ruffled seat cushions and back covers sewn from painters' drop cloths further lighten the look. An all-white composition of vintage shutters, frames, and escutcheons dangling from ribbon flanks the window for symmetrical beauty.

Petit Sachets

More of Susan's stitched handiwork, diminutive sachets fill a wire basket found at a flea market. French laundry tape and monograms add custom charm and pops of red, *above*.

Cozy Accents

Susan regularly sews new pillow covers for ever-changing displays. For the master bedroom, she made pillows using French laundry tape with red numbers, and then stitched matching numbers in the centers, *above left*.

Child's Play

Architectural pieces serve as building blocks for vignettes throughout the house. In the master bedroom, a soft blue shutter becomes a primitive backdrop for the old-fashioned child's christening gown, *left*.

ranges the things she loves on open shelves, tables, and buffets. Architectural treasures, mirrors, or artwork (including empty frames) may lean in thoughtful compositions against a wall. There is interest aplenty, yet somehow the rooms never feel overdone.

"I've realized from past experience that clutter can weigh on us," she explains. "Too many disparate objects in one place, with little room to breathe, tend to have an overwhelming effect. And, when you leave something in the same place too long, you stop 'seeing' it. So I rearrange and relocate my things and admire them all over again."

Indeed, every room offers notable details while remaining simple—not unlike a home on the Scandinavian coast, worlds away from stress or worries. "I step into this house and it does feel bright, airy, and serene," Susan says. "But it isn't boring—all the vintage pieces have so much handmade appeal and history."

Serene Slumber

Soft oyster-white walls provide a quiet backdrop in the master bedroom. Simple Roman shades introduce pale blue at the windows, which is repeated in a striped coverlet layered over a duvet fashioned from painter's drop cloths. A wire laundry basket on legs stores an assortment of things that Susan makes and sells on Etsy.com.

Girlish Getaway

Pink toile from a fabric shower curtain layers daughter Audrey's bedroom in femininity. Susan had just enough yardage to sew a small coverlet and pillow cover, and cover a bulletin board. Remaining fabric was wrapped around rigid foam, framed, and crisscrossed with ribbon to hold items for display.

PICTURE-PERFECT DISPLAYS

Tabletops, open shelves, and mantels are simply surfaces waiting to showcase your treasures. Here's how Susan Frick puts her favorite things in the best light.

CLEVER EDITS

Less really is more. Train to restrain yourself from grouping too many items together, and instead allow a few favorite pieces to shine. Pack other things away to use again another day.

ALL EYES HERE

Select one piece as the focal point. Center it like this carousel horse, *above*, and pair with a mirror for dramatic effect. Susan loves symmetry, so items on each side of the horse gradually descend in height.

LIFT AND GROUP

Group like items for impact, such as the silver candlesticks, *below*, *far left*. Boost interest by varying heights, *below*—use a stack of vintage books, *below center*, to elevate shorter objects.

SONG of the SEA

A tiny getaway near the sea brightens up and lives large for a couple who delight in sharing their "sweet little sweep-out" with family and friends.

High Places

A ladder leads to the loft that Rob Macchi added to the Nantucket Sound cottage he and his wife, Gayle, renovated. The loft is just the right size for their young granddaughters to spend the night.

Photos by **MARK LOHMAN** Styling by **FIFI O'NEILL** Written by **JAN SOULTS WALKER**

"I balanced all the white with natural rattan rollup shades for warmth and texture—like a sandy beach."

"**LITTLE THINGS MEAN** a lot," the saying goes. Bostonians Gayle and Rob Macchi would probably agree: Their 1930s cottage on Nantucket Sound measures a mere 430 square feet—about the size of a small two-car garage—but it has smitten their hearts in a great big way. Located just two-tenths of a mile from the beach, the little house needed some loving when they bought it. So the couple rolled up their sleeves and, while neighbors strolled by on their way to the beach, they dug in and did most of the work themselves, adding style on a modest budget.

Tearing up some old flooring, painting all the dark pine white (walls, ceilings, and beams), and adding simple $6 pendant fixtures here and there gave the cottage

DESIGN TIP

space expanders

With space at such a premium, Gayle Macchi punctuated walls with hooks and pegs, "So everywhere you look, you have a place to hang your coat or a pair of jeans," she says. A wicker trunk at the foot of the bed holds towels and other supplies. "We've had to utilize every nook and cranny," she says.

Easy Breezy

For comfort and easy maintenance, the sofa slipcover and chair cushions can go in the wash; the bare wood floor makes it easy to sweep sand right out the door.

Simple Spruce-Ups

Rob concealed the kitchen's existing countertop by making his own wood surface and laying it over the old, *opposite*. Gayle added MacKenzie-Childs knobs and dishware "for sophisticated touches of black." Aqua-blue accents also pop against the white woodwork. The chandelier was a $100 bargain from a home center.

Sea Glass Style

Decorative pillows from TJ Maxx initially inspired the home's turquoise accents. Gayle continues the hue using beautiful blue glassware pieces and bottles, which she disperses throughout the house, *left*.

Hooked on a Feeling

Hooks and pegs add simple charm all around the house, but they're also practical, holding clothing, towels, and more. Gayle spied this clever wood-and-rope rack with hooks, deciding it would be perfect for kitchenware, but when the hooks wouldn't fit through some of the utensil handles, Rob added a chain link to each, *below*.

interior a fresh outlook. "It immediately looked larger and more open," says Gayle, who also added dollops of turquoise, inspired by a pillow she found. "It reminded me of water, so I balanced all the white with natural rattan rollup shades for warmth and texture—like a sandy beach."

Even though the place was small, Gayle and Rob cleverly carved out places where family members could comfortably spend the warm summer nights. Rob tucked a sleeping loft into the peak above the master bedroom alcove for granddaughters Nicolette and Victoria, ages 7 and 13. And,

HOW TO

craft a nautical pot rack

1. To make a simplified version of this rack, start with a 21½"-long piece of 2 x 4" lumber. **2.** Lay it flat so that wide side is face-up, and use a pencil and ruler to mark drill holes for hanging rack and pots along center line of wood (which will be at the 1¾" point). Mark rack-hanging holes 1½" in from either end. Starting at left, mark a pot-hanging hole 1½" in from first hole and another 1½" in from that. Space pot-hanging holes 2" apart. When all holes are marked, drill to fit rope. **3.** For each hanger, fold a length of rope in half, knot to leave a loop, thread ends through holes, and knot on top of rack. Add rack hanger, knotting on the underside. Finish with S-hooks.

although they could have used some space for dining—or even expanding the kitchen—the porch became a breezy bedroom, equipped with two twin beds.

TIME FOR FAMILY

NOW THAT THEIR little beach cottage is complete, Gayle and Rob happily host children, grandchildren, siblings, and more. There's plenty of time for lazy days on the beach and just being together, and suddenly their cottage doesn't feel so small. "Even if I could have a million-dollar home, I wouldn't give this up," Gayle says. "We had a vision and just went with making this our little dream house. Since I just sweep all the sand right out the door and into the yard, we've just started calling this is our Sweet Little Sweep-Out near the beach."

Instant Attraction

The original picture window, with its glimpse of the ocean, immediately captivated Gayle. Rob built a new Dutch-style front door from shiplap siding, and painted it and the window trim black, *below left*.

Lookout!

In renovating their cottage, Rob and Gayle kept solutions simple. When they decided this kitchen window was rotted, they replaced it with turquoise shutters that can open and close, *below*.

MY STYLE

Awash in Light

"The dark pine was easy to change with white paint, which just immediately made the rooms feel so much bigger and brighter. I didn't have a lot of room for lamps, so I found these $6 painter's light fixtures and we hung those strategically in rooms."

In Plain Sight

"There is no space for bureaus in the cottage, so instead we have hooks, pegs, and coatracks, and it's really part of the casual charm."

Casual Ambience

"I want people to come from the beach and be able to kick off their shoes and not worry about whether they get a little sand on the floor or sofa. So we do washable slipcovers and we don't do rugs."

Providential Palette

"I spot one thing that will give a pop of color and I just take it from there. For this little house, I saw this gorgeous turquoise pillow and I knew it was perfect with all the white."

Good Night, Porch

Black paint went on the porch's plywood floor when there wasn't a budget for new flooring; Gayle likes it enough to keep the look. White rollup shades at windows make this an airy bedroom. One of two twin beds nestles into a just-right space around the corner. People love sleeping out here "because you see the moon," Gayle says.

DETAILS
delight the eye

A homeowner hears the whispers of days gone by in the discarded details of someone else's past—and makes them part of her oh-so-pretty present.

Old House Character

Primitive architectural pieces, *opposite and this page*, come together in creative compositions inside Kris and Terry Vavra's 1980s ranch. Just inside the door, a charming bike greets visitors. Kris fashioned the bike rental sign from an old headboard.

Photos by **GRIDLEY+GRAVES** Written by **JAN SOULTS WALKER**

✲ Vintage Flair

THERE'S NO SHAME IN "dumpster diving," especially when it comes to rescuing a bit of history. So says compassionate keeper of days gone by Kris Vavra, who befittingly credits her partner in liberation as the local fire chief, Terry, who also happens to be her husband.

"Terry is so supportive and helps me carry out my ideas," she says. "I have this love affair with things that have history—especially discarded things—and reincorporating them into my home," continues Kris, who blogs about her vintage-inspired adventures at junkchiccottage.blogspot.com. "I have no problem fishing something out of someone's curbside trash or asking a contractor demolishing an old cottage, 'Can I have that?'"

Indeed, Kris enlivens her home with doors, windows, shutters, and other architectural fodder that she's salvaged

Welcome Home A front door complete with mail slot, rescued from a 100-year-old neighborhood cottage being demolished, now brings architectural interest to the home's front entryway, *above*. Natural accents lend warmth to the predominantly white interiors.

Customized Creation A wide cabinet Terry built conceals a 60-inch flat-panel TV in the family room, *below*. Kris had the washable slipcover for the sofa custom-made. Architectural elements combine with garden pieces to bring the outdoors inside.

White Out

A white-slipcovered Ikea Ektorp chair pairs with a ruffled ottoman and plump pillows to create an inviting spot for curling up. A wood ladder leaning against the wall is a handy spot for holding a throw. Kris customized the lampshade with ruffled fabric trim, secured with hot glue.

Dining Light

French doors flood the spacious dining room with sunlight, while white-painted chandeliers glow at night. Added as a family room by a previous owner, the area offers space to feed a crowd. Vintage windows lend charm to the kitchen pass-through.

from nearby cottages and barns. All these rescued objects and furnishings become part of her and Terry's life story as she lovingly incorporates each treasure into their 1980s Lake Zurich, Illinois, ranch-style home.

A NEW PURPOSE

SOMETIMES SHE OR TERRY respectfully refashions a find into something more useful, like the time Kris cut the legs off an ornate vintage headboard she found on the side of the road. She finished the center panel with chalkboard paint, Terry added display hooks, and the duo hung it at the entryway as a charming sign that says, "Bike Rental." Below the sign, a white-painted bicycle has become her signature interior piece.

"I wheel that thing all over the house," Kris

MY STYLE

✹ Layers of white

"White makes rooms very serene and isn't boring, because it really allows the details of the vintage pieces to reveal themselves."

✹ Natural warmth

"I enjoy colors that are outside in my garden, but inside I deviate from white by adding in the natural tones of wood."

✹ Storytellers

"There is nothing like vintage style, but even better are pieces that you can personally connect with the history, like the things I pull from someone's stuff piled on the curb."

HONEY
4 SALE
BIKE RENTAL

Bargain Beauties

The Vavras removed upper cabinets in the kitchen and replaced them with open shelves custom-built by Terry using crown molding and lumber. A trip to Ikea yielded two bargains: butcherblock countertops, $400 (a far cry from one contractor's $3,800 bid!), and the farmhouse sink, $200.

says, laughing, and confessing that her home is a constantly changing canvas for her vintage inspirations, infusing the entire house with romantic country charm. "I get a room just the way I like it, but honest to God, I find another piece and it restarts the whole thing of redoing a room. But the creative part of me just loves to restyle and reinvent. Thankfully, I have a husband who is so good about the changes."

Change happens more easily as Kris unites new finds, disparate eras, and

DIY Doings

Terry built the peninsula base using paneled interior doors cut to size, *top right*. A leftover length of butcherblock countertop installed along the far wall serves as a ledge for dining and buffets.

Pretty Sweet

Black-and-cream gingham fabric sweetly conceals storage beneath the farmhouse sink, *right*. On the soffit, a salvaged wire flowerbed border brings the outdoors in.

Enter, Serenity

Terry made the master bedroom's grand headboard using three vintage doors, complete with old knobs, A length of crown molding across the top unites them. Kris provided the serene feel with white furnishings, a ruffled coverlet, and a white-painted chandelier.

unique forms with fabrics and weathered finishes—all in soft whites. "My thing is dreamy and creamy," Kris says. "A lot of people like color, but I get my color outside because I love to garden."

And the settings are anything but boring, as each piece presents finely crafted details, timeworn surfaces, and secret tales to tell, no doubt. "One door I brought home from a 100-year-old cottage they were tearing down," she says. "I wished it could tell me all about the families who have come through that door."

HOW TO

light it your own way

1. Pick up a pendant light fixture or individual pendant on a long cord with plug, if you don't have hard-wiring abilities where you want to hang a light. These pendants will hold a raw bulb and will have a threaded socket and nut so you can attach a shade. Terry found this clustered pendant at Lowe's.
2. For each pendant, cut a hole in the top of a Mason jar lid that's wide enough to slip the socket through. Secure the lid with the nut and then screw in a bulb.
3. To filter the light, you can make use of colored Mason jars or do as Kris did and use hot glue to secure a wrapping of creamy white burlap (you could also use patterned paper) and gathered burlap florets to finish off each jar.

Keep it Clean

A door salvaged from an old house serves as a charming passage into a storage room off the laundry, *right*. Kris painted the window with chalkboard paint and added the humorous truism. Vintage washboards serve as cabinet doors above the washer and dryer.

In-Home Getaway

A pair of gates serves as delightful garden-inspired headboards in the guest room. (One bed is out of view.) Layered sheers, ruffled bedding and shams, and an arrangement of white-painted ornate frames make the "Guest Cottage" bedroom a soothing getaway.

"My thing is dreamy and creamy. A lot of people like color, but I get my color outside because I love to garden."

FAIRYTALE CRAFTS ROOM

Carved from one end of the living room (once separated by unattractive accordion doors), this intriguing and pretty area organizes Kris Vavra's inspirations and craft supplies.

SHAPED UP

Dress forms flanking the desk, *above*, provide vintage appeal as well as display space and organization. Kris made the form on the right by shaping chicken wire around a valet salvaged from the downtown Chicago Hilton.

WINE TO FIND

Ordinary white-painted wine racks on top of this storage cabinet, *below left*, now serve as holders for magazines. Kris simply rolls up each magazine—her favorite inspirational resources—and slips it through the bottle rings.

BASKET BEAUTIES

A curtain rod laid across vintage doorknobs holds baskets of sewing items, gift tags, cellophane tape, and ribbon, *below*. On the floor, white-painted wire locker room baskets fit perfectly into a wood stand to hold magazines and books.

Reduce **Body Fat** *Sex Drive* *Increase* Improve Skin Appearance...

and More!

BREAKTHROUGH NATURAL PRODUCT HELPS FIGHT AGE RELATED SYMPTOMS.

By Marjorie Williams

For some time, science and technology have sought to turn back the clock and reduce - or even eliminate - the negative effects of aging. But is it really possible to successfully fight unwanted signs of aging such as cellulite and weight gain, lower energy levels - even memory loss and wrinkles?

Increasingly, researchers are saying, "Yes," to that question - and some of the most promising results have been found in the study of human growth hormone (GH), the regulator of almost every hormone (progesterone, testosterone, melatonin, etc.) in the human body.

What Can GH Do for Me?

The human body naturally produces GH in abundance until the age of 21. Unfortunately, our natural GH levels fall about 14% per decade until production is reduced in half by age 60. A number of studies indicate that replenishing this critical hormone can actually help restore many youthful characteristics that were once thought to be out of reach for aging men and woman.

After more than 15,000 GH replacement therapy studies in the last 60 years, maintaining optimum levels of GH has been found to: increase energy; promote weight loss and lean muscle without exercise; enhance sexuality; improve vision, sleep and memory, elevate mood and reduce depression; reduce high blood pressure and improve cardiac output; improve cholesterol profile; improve skin and appearance; restore natural hair color and restore hair growth.

Can GH Help Me Lower My Body Fat?

A recent study (Rudman, Journal of the American Geriatrics Society) reported that people who took GH achieved an average of 14.4% loss of body fat and an 8.8% increase in lean body mass (muscle) without exercise over a six-month period. After his studies, Dr. Daniel Rudman, M.D., concluded: "The effects of six months of GH on lean body mass and fatty tissue were equivalent in magnitude to the changes incurred during 10-20 years of aging."

Edmond Chein, MD, and L. Cas Terry, PhD, tested over 800 individuals and reported in their 1995 study that GH has substantial benefits and no side effects.

What other Health Benefits are Associated to HGH?

Consistent use of GH is believed to stimulate the natural process in the human system in which the pituitary gland resumes secretion of GH at levels which occurred during youth, regulating the entire endocrine system, including modulation of hormones, blood pressure and cholesterol levels.

"EGH-1 has helped me increase my energy levels and has reduced wrinkles around my eyes." *Dr. Faith Leuschen, D.C*

Researchers have Determined that Six or More Months of GH Replacement Therapy can produce impressive results that include:

TOP 10 RESEARCH RESULTS

1. **Reduction of Cellulite and Fat**
2. **Increased Stamina and Vitality**
3. **Improvement in Sleep**
4. **Wrinkle Reduction and Smoothing**
5. **Increased Muscle Mass without Exercise**
6. **Improved Exercise Performance and Tolerance**
7. **Enhanced Immune System**
8. **Increased Sexual Drive and Performance**
9. **Improved Memory**
10. **Strengthening of Bones**

Users of GH replacement therapy enthusiastically report that they feel younger, more alive and vital than they have ever felt before!

But Is GH Available - or even Affordable?

Until recently, although GH has been a promising anti-aging weapon, it has not been easily accessible for most people. Due to high costs previously associated with GH, only the medical profession and the wealthy have commonly taken advantage of the power of GH. (Not surprisingly, it has become an anti-aging secret of numerous celebrities).

Today, however, technological developments have overcome the prohibitive cost factor. Now, a one month supply of growth hormone replacement costs less than $40, a fraction of the price of traditionally injected GH, which can cost anywhere from $1,200 to $5,000 dollars per month.

In the past, delivery of GH into the body was another formidable challenge: the large GH molecule could once only be effectively administered through injections. However, recent technology has overcome this obstacle as well, making growth hormone replacement therapy available in an effective oral spray form.

An All Natural, Effective and Affordable Solution

In 1991, Dr. Lawrence, a world-renowned polymer physicist developed an oral delivery system for GH with a unique vegetable-based enzyme polymer, which allowed a large molecule such as growth hormone to be absorbed via the oral mucosa.

Between 1991 and 1997, thousands of scientific studies were conducted in five major U.S. cities by Bushard Pharmaceuticals medical team. These studies verified the validity of the new oral application of GH.

Tested were people between the ages of 31 and 89 with average to fair health conditions. Protocols for the studies included: fasting from all nutritional vitamins and supplements two weeks prior to study, IRB Study Protocols, IGF-1 (insulin-like growth factor, type 1), HDL and LDL levels prior to and during all testing and S.M.A.C. test (liver enzymes and kidney enzymes). Levels of the above tests were conducted every 30 days to determine the efficacy of the new oral spray application.

Astounding Research Results

The results were astounding -- not only were there no side effects, but test subjects had an average increase in their IGF-1 levels of 30% every 30 days. In 90 days, most of the test subjects had doubled their IGF-1 levels, which represented a measurable improvement in biological age as effective -- or in some cases, more effective -- as had been found with patients taking injections of GH. Cholesterol levels were diminished in over 80% of patients by an average of 14.8%, and triglyceride levels also diminished by 31%. Noted were increases in mental stability, lean muscle mass, energy, libido, skin rejuvenation, and reacquired hair color and density. Also noted were reductions in excess weight, blood pressure and blood sugar.

"Thousands of studies were conducted in major US cities verifying the benefits of the oral spray for people between the ages of 31 and 89 with average to fair health conditions," says Lawrence. "Study participants showed reduced cholesterol and triglyceride levels, increase in lean muscle mass, improved energy, enhanced libido, skin rejuvenation, improved mental stability, reductions in excess weight, blood pressure and blood sugar."

"My diet and exercise patterns haven't changed much in the last two weeks. However, since I've started taking EGH-1, I wake up refreshed and ALWAYS get a full night's sleep. This stuff's amazing!" *John H., Age 33, Seattle, WA*

Suggested Use of EGH-1

Suggested usage of the GH spray, for the recommended dosage successfully used in research studies, is 3 sprays in the morning (2,000 ngs) and 3 sprays at bedtime (2,000 ngs), for a total of 4,000 ng daily.

Selecting the Right Oral GH Solution

While several formulas are currently available, experts caution users to look for a formula that offers a high hormone concentration and effective delivery. For example, EGH-1 oral spray offers *twice* the strength of other oral GH products on the market, containing 2,000 ng of recombinant growth hormone per dose, the highest concentration of biologically active growth hormone available. It is also completely absorbed into the cells of the oral mucosa and goes directly to the pituitary gland, avoiding inactivation in the digestive process.

Consumers should also look for the vegetable-based polymer rather than a petroleum-based polymer, which is a proven hazard to health and can settle in the lymph glands of the body for a lifetime. Containers of oral GH spray should be amber colored and shrink-wrapped for thorough UV protection, because GH is an extremely volatile molecule that can be damaged very quickly in the presence of sunlight (UV rays).

How Long Does It Take to Work?

Many users report that the effects are instantaneous. GH is considered the "smart hormone" because it first benefits that part of your system most in need of help, repair or rejuvenation. Then it moves to the next area most in need. Feelings of well-being and weight loss may not appear overnight, but as damaged tissue is repaired, users begin to see and feel the youthful effects of a well-balanced hormonal system.

People who have taken EGH-1 have reported benefits that include: reduction in fat deposits such as love handles and fat on the thighs and upper arms, improved energy levels and emotional states, a more toned and attractive physique, better focus and concentration ability, overall mood elevation, reduced signs of aging such as wrinkles and thinning hair, an increase in sexual desire, better sleep patterns and even improved health factors such as cholesterol and blood pressure profiles and increased immunity.

With its long list of potential benefits GH will undoubtedly remain at the forefront of the anti-aging research field.

For more information about how to get your FREE 30-day Supply of EGH-1, call 1-888-882-8245 and ask for Dept. 2015 or visit:

www.egh1.com

SPECIAL SECTION

SCRAPBOOK

Summer Outside

Finally! The sun is bright, the days are long, and the living is easy. Make the most of those sultry summer days and balmy nights—fun is just outside the door.

74. Sleep-In Porch Sanctuary

Extend your living space to the porch. It's easy, affordable, and it's where everyone wants to be. Design expert Carolyn Aiken shares her secrets for creating a dreamy at-home escape.

78. Downton Abbey Afternoon Tea

Host a traditional tea party worthy of Lady Grantham herself. With our easy-do ideas for table settings and mouthwatering recipes, it's sure to be a smashing success.

82. 10 Garden Updates Welcome Summer

From hardscaping to lighting options to entertaining ideas, we've got you covered for a summer's-worth of easy, breezy outdoor living. Plus, a beautiful mosaic-top table DIY!

Sleep-In Porch Sanctuary

PHOTOS, STYLING, AND STORY BY CAROLYN AIKEN, WARRENGROVEGARDEN.BLOGSPOT.CA

Inspired by the gardens of her Prince Edward Island home, an interior design blogger crafts the ultimate summer getaway.

A Place to Relax

Colorful linens and pillows echo the hues of the hydrangeas on Carolyn Aiken's porch. A birdhouse in the corner invites feathered visitors, making this cozy nook a celebration for all the senses.

SINCE SUMMERS ARE all too short here on Prince Edward Island, I enjoy being outdoors as much as possible. So after a busy day, it is a well-earned pleasure to enjoy our own little sanctuary—our summer porch. I love to decorate our porch for the seasons; I change the look from year to year. However, the old iron bed with its dreamy netting is a must, as it is one of my favorite places to relax. Wicker chairs from yard sales have old-fashioned appeal and speak of long, lazy summer days, so I find them hard to resist. A pretty vintage quilt for the bed became my inspiration; I quickly gathered up some pretty china and linens to carry on the lilac theme. An iron planter with a hydrangea adds another splash of color. Now that the porch is ready, would you like your tea hot or iced?

1. A small wicker table is set for tea with vintage linens and lace and a fragrant bouquet of mauve lilacs from the garden. For effortless entertaining, the table is within easy reach of the old iron bed and the wicker chair.

2. More romance comes from hanging netting around the bed. I then added pretty mauve linens that I found at thrift shops.

3. From the outside garden looking in through the Victorian-style screen doors, the pretty porch beckons. You can visit me on my blog at warrengrovegarden.blogspot.ca.

DIY Decor Ideas

AFTERNOON NAPPING NET

Keep pests at bay with this cozy-making, gauzy cocoon.

1 white Hula-Hoop
8 yards of mosquito netting fabric or cotton muslin
1 cup hook and hanging ring
Fabric scissors
Needle and white thread
Ruler and colored chalk

1 Working in an area with a lot of floor space, unfurl fabric and fold it in half lengthwise (you should have one 4-yard-long rectangle).

2 Use your needle and thread to whipstitch a shallow seam down one long side of the fabric pieces. Measure and mark a horizontal chalk line across fabric wood 30" from the top edge (where the fold is). Using that line as a guide, whipstitch fabric to hoop, overlapping open ends by about 6 inches (this will be the front of net).

3 Gather the fabric above the net and use thread to tie off a tightly cinched top. Use needle and thread to attach a hanging ring to the top.

4 Install cup hook to ceiling and hang net, billowing out sides so that it falls around the bed.

Downton Abbey Afternoon Tea

On a beautiful, sunny afternoon, I hosted a fundraiser in our garden in the style of the much-loved English television show.

PHOTOS, STYLING, AND STORY BY CAROLYN AIKEN, WARRENGROVEGARDEN.BLOGSPOT.CA

MORE THAN 45 ladies arrived, many wearing hats and elegant summer dresses, and even sporting a parasol or two. I had posted the event on my blog, Aiken House & Gardens (warrengrovegarden.blogspot.ca) a few weeks prior, and tickets went quickly.

Thankfully, the weather was perfect for setting up tables in the garden with lace, linens, pretty china, silver, and bouquets of flowers. The menu included sandwiches, scones, Devonshire cream, lemon curd, dainty sweets, sticky date pudding with toffee sauce and, of course, both hot tea and iced tea. One friend helping in the kitchen beforehand commented that she got to experience both the "downstairs and upstairs" of *Downton Abbey*—from Daisy to Lady Mary.

I loved that everyone enjoyed a sense of "stepping back in time" as they lingered and strolled through the summer garden afterwards. It was a perfect summer day!

1. Setting the Scene

I am getting ready to set a Victorian-style table and chairs for my *Downton Abbey* tea. I added the lace from an old bedskirt to the umbrella for an elegant Victorian look.

2. Dainty Delights

The menu included sandwiches, scones, Devonshire cream, lemon curd, and sticky date pudding with caramel sauce, all on a Downton-worthy tiered plate stand.

3. Lady in White

Like many of the guests, I enjoyed donning a hat and romantic lace for an elegant afternoon tea.

4. Fit for a Queen

With sunshine in the garden and the tables set with pretty, delicate china and bouquets, we are ready for our guests to arrive!

BITE-SIZED BISCUITS & LEMON CURD

Savor quintessential afternoon tea treats using these simple recipes.

TO MAKE

BUTTERMILK BISCUITS

- 2 cups all-purpose flour
- 2½ tsp. baking powder
- 1 tsp. salt
- ½ cup unsalted butter
- 1 cup buttermilk

1 Preheat the oven to 425°F. Combine the first four ingredients in a bowl. Cut in ice-cold butter until mix resembles coarse crumbs.

2 Add buttermilk and stir gently with a fork until a soft dough forms. Turn out onto a floured surface and knead lightly 8 to 10 times.

3 Pat or roll dough to ¾" thick and then cut out little biscuits using a ¾" round cookie cutter.

4 Bake for 12 to 15 minutes, or until it turns golden. Serve warm.

TO MAKE

CURRANT SCONES

- 2 cups all-purpose flour
- ¼ cup white sugar
- 2½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp salt
- ¼ cup butter or lard
- ¾ cup currants
- 1 cup buttermilk or soured milk

1 Preheat the oven to 425°F. Combine flour, sugar, baking powder, baking soda, and salt in a bowl. Cut in shortening with a pastry blender until mixture resembles coarse crumbs.

2 Add currants and buttermilk,stirring with a fork until moistened.

3 Turn dough onto a floured surface and knead for 1 minute. Shape into a ball and roll out to ¾" thick. Cut with a round cookie cutter and place on an ungreased baking sheet. Sprinkle tops with sugar.

4 Bake for approximately 15 to 20 minutes, or until it turns golden.

TO MAKE

EASY LEMON CURD

- ½ cup unsalted butter
- 2 cups white sugar
- 3 whole eggs plus one egg yolk
- 3 lemons
- pinch of salt

1 Cut and juice the lemons and then grate the rind (which can be grated right into the juice). Set aside.

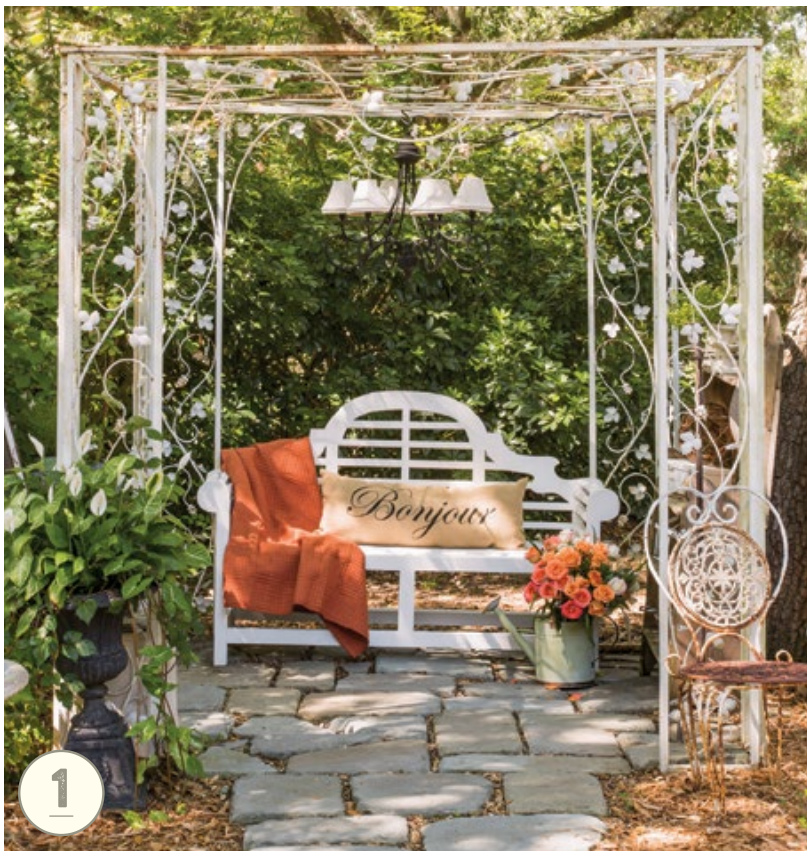
2 Melt butter in a heavy saucepan over low heat. In a separate bowl, whip eggs and then add sugar, juice, grated rind, and salt. Add mixture to the melted butter.

3 Increase heat to medium and continue to stir with a wire whisk until the mixture thickens and large bubbles break the surface.

4 Pour into three sterilized 250ml jars (the recipe yields about 1½ cups, so you can divide among fewer jars, if desired) and seal. Refrigerate but do not freeze. Curd will last up to six months (but usually disappears sooner). Use it as a spread on scones or muffins, add a dollop to tart shells for a quick dessert, or spread it between cake layers.

10 Garden Updates Welcome Summer

You're spending as much time outside as you can, and you want everything to look perfect—without a lot of effort. Read on for our fast, fail-safe solutions.



WHETHER YOU'RE hosting a backyard barbecue, enjoying breakfast on the deck, or doing a little gardening, your outdoor space needs to function efficiently and look beautiful at the same time. With these easy ideas, it will!

1. Set Up a Sanctuary

Creating a destination area is what makes the difference between a yard you look at and one you can really experience. Recreate pricey hardscaping with easy-find elements: a stone, pebble, sand, or maybe just an outdoor rug "floor"; and fencing, trellis, or pre-fab pergola "walls". Add a comfy chair or bench, and a potted plant for interest.

2. Design a Dining "Room"

To make your summer travelogue-worthy, go beyond the basic patio set and position a harvest table below a tree branch or other overhang that will allow you to finish the space with a candle chandelier (rely on flameless candles for ultimate safety).

3. Install Raised Beds

This recycled bed frame takes the idea literally, but you can plant any tall box to create an instant garden where you may not have soil, like on the deck or patio. Pack in annuals for an instant, colorful display.

PHOTOS: (1, 2 3, 5 & 6) BY MARK LOHMAN, STYLING BY FIFI O'NEILL; (4) JOHN ELLIS, STYLING BY SUNDAY HENDRICKSON

6. Build a Focal Point

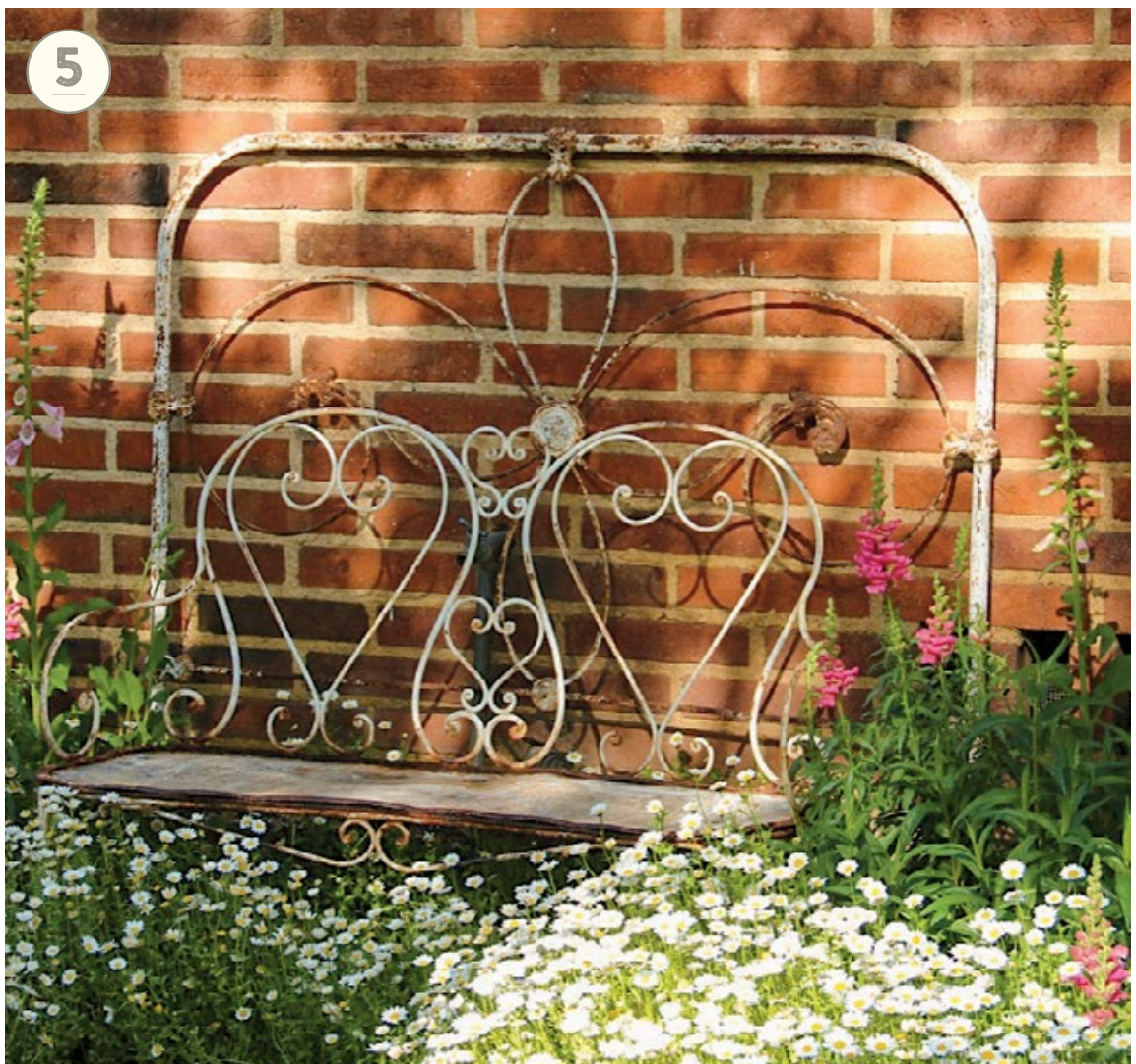
This idea proves that you don't need a working fountain to recreate its grand, spilling effect. To make this kind of stacking arrangement, be sure that each piece is heavy and sturdy. Alternatively, secure topping pieces to a sturdy base with waterproof outdoor adhesive.

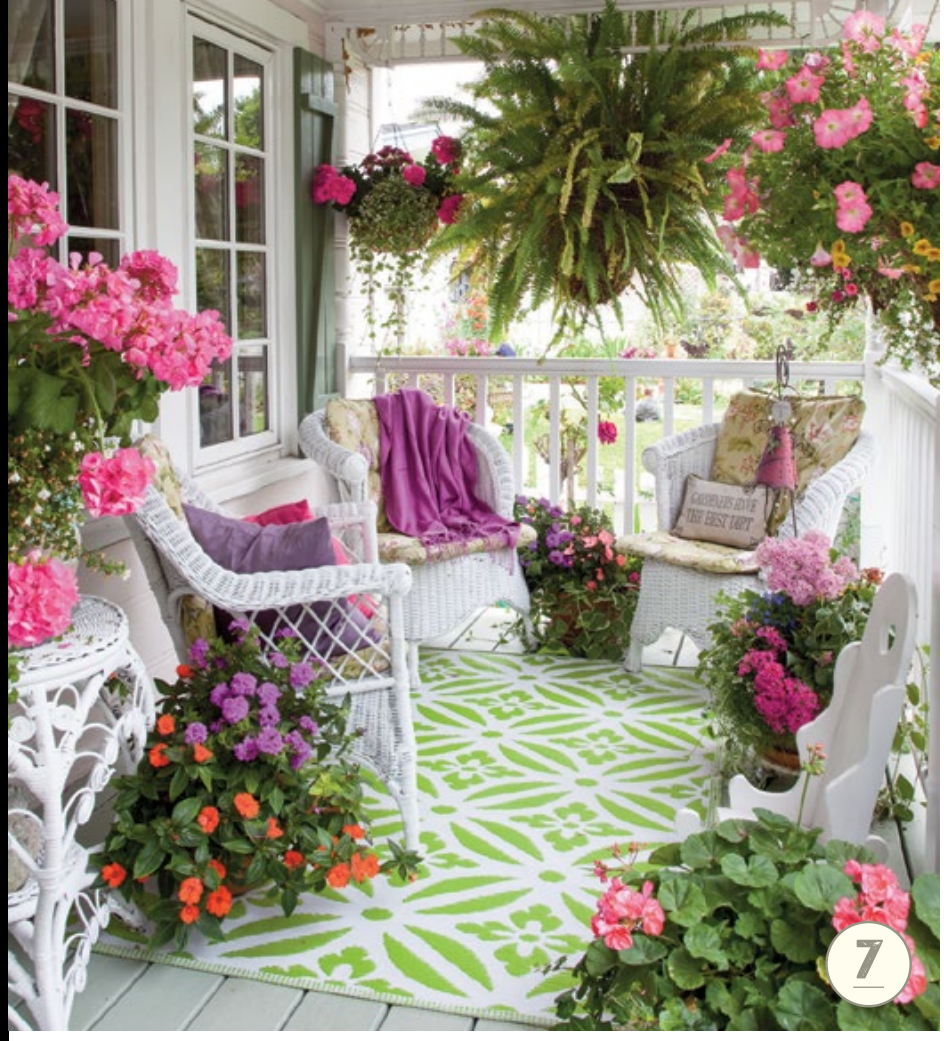
4. Hang a Shady Solution

Help beat summer's heat with a home-made shade. Hammer in grommets around the perimeter of sturdy canvas or even cotton; hang canopy corners from attachments on the house, stakes, or other posts, and connect panels with ring clips. Note that this treatment is not suited for windy areas.

5. Craft Garden Art

Less-than-perfect iron pieces found at yard sales and flea markets are easily adaptable to statuary. This old bench, for example, benefits from the backing of a rusty headboard to create a stopping point along the side of a house.





7. Bring the Porch to Life

Containers at every level inject a porch with instant color, interest, and even privacy. To keep the look cohesive, restrict the palette to no more than three principal hues.

8. Lay a Little Path

Connect zones or make it easy to meander through planting beds by laying stepping-stones or field stones into the lawn. Sink stones so that the mower can slide over them, and fill gaps with low-growing moss or strips of grass you may have removed to lay stones.

9. Paint the Deck

Lighten the look of natural wood with a few coats of exterior deck paint in a hue that will complement your home's exterior color. It's an instant facelift that also happens to feel great on bare feet.

PHOTOS THIS PAGE: MARK LOHMAN, STYLING BY SUNDAY HENDRICKSON

10. MOSAIC-TOP TABLE

Pebbles and tile make a sturdy, all-weather table topper.

1. Tiles or other flat-topped tesserae, smooth pebbles
2. Mortar for outdoor use, spreader, rag
3. Sealant

1 Work out tabletop design and, starting from the center, apply mortar to tile backs to adhere to table. Repeat with pebbles. Let cure overnight.

2 Using a thinner mortar preparation, fill in all gaps between the tiles and pebbles, wiping away excess as you go. Ensure top is smooth and flat.

3 Depending on the type of tile used, purchase a clear sealant that will stick to tabletop and protect it. Apply only once mortar has completely dried.

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WD020

Frilly Floral Wreaths

Fresh from the meadow (or crafts store), these easy, arty creations will hold a place at the table...and a place in your heart.

easy DIY

YOU NEED:

- 12" Styrofoam wreath
- 4 bunches of synthetic white daisies (each bunch holds 10 daisies)
- Hot glue gun and sticks
- Scissors
- Ribbon
- Paper
- Marker
- Quilting pins

TO CREATE:

1 For the wreath, begin by removing the individual flowers from the stems of the daisy bunches. Hot-glue the flowers around each Styrofoam form so the entire surface is covered and no green is visible. If the stems are strong, you can also just snip each one so there's a very short stem below the flower head. Squeeze a drop of glue onto the end of the stem, and insert it directly into the foam.

2 For the name tag, cut a paper ribbon so that it's an inch longer than the diameter of the wreath. The "ribbon" should be just tall enough so you can clearly read a name. At each end of the tag, cut out a little triangle to create a banner-like look. Write name on tag and attach it to wreath by pushing a quilt pin through each end of the paper and into the wreath form.

3 To hang, cut an 18" piece of ribbon to thread through wreath and tie to chair. Continue making wreaths as placeholders for guests at an alfresco brunch or country wedding. The wreath can be a personalized take-home gift.

PHOTO AT RIGHT: VIBEKE DESIGN; OPPOSITE: LU TAPP

YOU NEED:

- Heart-shaped form
- Bunches of tansies
- Queen Anne's lace
- Goldenrod
- Florist's wire
- Twine

TO CREATE:

1 This form was made from grapevine, but if you can't find a heart-shaped version, you can fashion your own by purchasing a wire heart-shaped wreath and then using florist's wire to attach grapevine tendrils to the form. If the grapevine you have is too thick to bend easily, soak it in warm water for an hour before trying to affix it to wreath form.

2 For this wreath, you can make use of fresh or artificial flowers. If using fresh, this will dry into a wreath that will easily last a season. Start by affixing lengths of goldenrod, since it will have the most greenery attached to it and therefore makes a good background. Apply them so leaves and florets go in both directions for a lush effect. Next, affix the clusters of yellow tansies so that their flowers are as face-up as possible. Finally, fill in gaps with fluttery mounds of Queen Anne's lace.

3 Thread a length of twine through the top of heart to hang. Mist lightly every day to keep it looking fresh.

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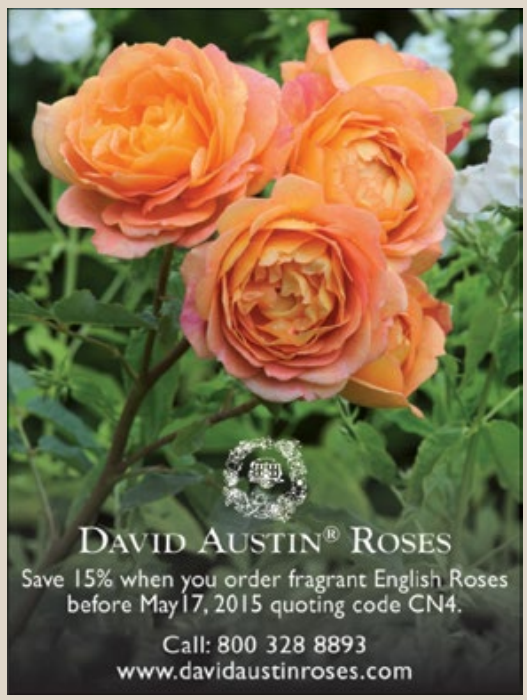

Bowl of Roses

Try this garden-to-table display (that works with store-bought blooms, too).

PHOTOS BY **BLACKSTONE EDGE** STYLING BY **DONNA PIZZI**

YOU NEED:

- Sharp pruners
- Bucket
- Stem stripper
- Rose bowl or other vessel
- Sugar
- Lemon juice, bleach
- Floral foam (optional)

TO CREATE:

1 In the morning, when roses contain the most moisture, head outside with a bucket of warm water and sharp pruners. Select heads that are open or whose sepals (green, leafy tendrils that cover a bud as it grows) have turned down and buds have some spring to them when squeezed. Snip and plunge stems directly into warm water. Note: For heavy-petaled, multi-blooming varieties, wait until a couple rows of petals have opened before cutting.

2 Whether using garden cuts or ones you bought, fill a clean container with fresh water and either purchased flower food or a couple of pinches of sugar, a squeeze of lemon, and a couple of drops of bleach. If using floral foam to arrange, cut it to fit your vessel and soak it now, too.

3 Using very sharp pruners or scissors, trim each stem to about 8" long (this arrangement is designed to show off a rose's crowning glory and not its stem), cutting on an angle under running water. Use a stem stripper to remove thorns and any foliage that will sit below the water line, since both will rot. If any stems look wilted, immerse them in cool water for 20 minutes to revive them.

4 Start with more compact heads to fill in your arrangement, trimming stems and leaves, if needed, and turning the vessel as you go. Insert most-opened blooms into holes, wiggling if needed to nestle them in. Finally, fill any holes with tighter buds. Set out of direct sun and monitor water daily for long-lasting blooms.

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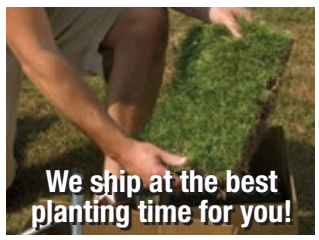
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Meyer Zoysia Grass was perfected by the U.S. Gov't, released in cooperation with the U.S. Golf Association as a superior grass.

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Stays Green In Summer Through Heat & Drought!

When ordinary lawns brown up in summer heat and drought, your Zoysia lawn stays green and beautiful. The hotter it gets, the better it grows. *Zoysia thrives in blistering heat (120°)*, yet it won't winter-kill to 30° below zero. It only goes off its green color after killing frosts, but color returns with consistent spring warmth. Zoysia is the perfect choice for water restrictions and drought areas!

Our Customers Love Their Zoysia Lawns!

One of our typical customers, Mrs. M.R. Mitter of PA, wrote how "I've never watered it, only when I put the Plugs in... Last summer we had it mowed 2 times... When everybody's lawns here are brown from drought, ours just stays as green as ever!"

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